

NEWSLETTER JANUARY 2017



Sitka Physical Therapy, LLC 700 Katlian, Suite E Sitka, Alaska 99835
Phone: (907)747 4559, Fax: (907)747 5415, info@sitkaphysicaltherapy.com

What's New at SPT???

*SPT is now seeing patients at the Hames Center!

Sitka Physical Therapy now has clinic hours at The Hames Center.

We continue to offer free injury screens on Thursdays, but now you can receive full physical therapy treatments there as well. This means an opportunity for you to take advantage of a total wellness team!

Coaches, exercise instructors, personal trainers, and now Physical Therapists can be members of your team to help you reach your health, wellness, and fitness goals.

*It's High School Sports Season!

SPT continues to be the leader in sports rehab, volunteering medical services for all high school sporting events, as well as offering concussion management, pre-season training, athletic training certification and return-to-play protocols. Call now to schedule a pre-season training workout for individuals or teams. SPT can help with running analysis, pre-season injury prevention and strengthening for pitching, and sport/athletic-specific training and rehab.

*SPT is now treating Pediatric Patients!

Nick Pilch and SPT are currently providing the school district pediatric services. Nick's expertise in treating children will be available in the clinic as well!

FREE Workshop Alert!

HAMES CENTER AND MARK KASPROVICZ, DPT, OF SITKA PHYSICAL THERAPY

PRESENT

RUNNING CLINIC

Want to improve your running? Don't know how to do it properly? Worried about knee problems?

Saturday, April 22nd at 1pm

Topics Include:

- Basic mechanics of running: step length/width, arm swing, lean angle, cadence, etc
- Training techniques and strategies
- Typical runner's issues including knee pain, plantar fasciitis, shin splints, hip weakness, etc.

*Individual running screenings will be offered on a treadmill day of clinic or scheduled for a later date depending on time

121 John Brady Dr | 747-5080 | www.hamescenter.org

The Hames Center and SPT are excited to announce a FREE running clinic on Sat, April 22, 1pm at the Hames Center. Whether you are a new runner looking for tips, an

experienced runner looking to increase speed, power or your cadence, or someone trying to avoid or treat an injury; this is the talk for you! For more info call 747-4559.

*Stay tuned for the next FREE class coming in May with Nicolas Pilch, DPT on Advanced Weight Training.

Nick will also be giving a FREE talk and exercise class at the Hames Center, open to members and non-members alike. Nick has participated in weight lifting and body building competitions, and has a vast knowledge on top of his physical therapy credentialing on weight training. Nick will address topics such as principals of weight training, free weight safety and use, guidance on squats, deadlifts, and other power lifting techniques. Any athletic experience is welcome; the only requirement is a happy attitude and wanting to take your fitness to the next level!

More info contact SPT at 747-4559.